

HEALTH

Protection Against Prostate Cancer

Prostate cancer is the most common cancer among men in the U.S. after skin cancer. Even until five years ago, many established scientists scoffed at nutrition research as a way to prevent prostate cancer or slow down aggressive strains, but not any more. Scientists are testing a variety of foods and supplements for their ability to prevent this disease. So far studies suggest that the following may help.

1. **Selenium and vitamin E** supplements have shown a strong preventive benefit in some studies. You may want to ask your doctor about taking a vitamin E supplement. Most people receive appropriate amounts of selenium in their diet and drinking water. If you use a selenium supplement, beware that it is toxic at high levels.
2. **Cruciferous vegetables** in general, like cabbage and cauliflower, have been associated with reduced prostate cancer risk. Broccoli and broccoli sprouts may be particularly powerful due to high levels of sulphorophane, a phytochemical.
3. **Grape Seed Extract** is currently being tested for preventive abilities with funding from the American Institute for Cancer Research (AICR).
4. **Green tea** polyphenols may partly account for the low rates of prostate cancer among Chinese men.
5. **Red grapes and peanuts** contain resveratrol, which is also found in red wine. Although there is little or no known risk of prostate cancer associated with alcohol consumption, many other cancers (and other health risks) have been linked to alcohol. Men should consume no more than two drinks per day. **If you don't drink, don't start!**
6. **Soy** is consumed in large amounts in Asia, where prostate cancer incidence is low. Genistein is one type of isoflavone in soy that may have protective effects.
7. **Tomatoes**, especially cooked and concentrated tomato-based products, appear to help prevent and slow the growth of prostate cancer. Lycopene is believed to be the active substance.
8. **Omega-3 fatty acids**, found in fatty fish like salmon, sardines and tuna, as well as in canola oil and flaxseed, have been linked to reduced prostate cancer risk in some studies.

Source: American Institute for Cancer Research



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